

# 12 Secrets to High Self-Esteem

There are valuable personal benefits to knowing what you want out of life. But just knowing isn't enough. You have to act in your own best interests. Others won't do it for you.

In her dynamic presentation of the 12 Secrets to High Self-Esteem Linda Larson brings new awareness of the inner obstacles you may have allowed to get in the way of your success or happiness. She then gives you the tools and tactics you need to positively change the ways you see yourself, present yourself and allow others to treat you. When you've finished this program, you'll have a set of goals and directions to use throughout your life as support and reinforcement to be to be happier, healthier, more prosperous and fulfilled.

Linda's powerful real-life examples of her triumph over tremendous obstacles help you better appreciate what you have and understand that you can make your life a true reflection of your finest and best qualities.

## **Program Guide:**

- Part 1:** The Power of Self-awareness
- Part 2:** Accessing Your Internal Wisdom
- Part 3:** Taking Responsibility for Yourself
- Part 4:** Accepting Yourself and Letting Go of the Past
- Part 5:** Managing Your Emotions
- Part 6:** The Power of Visualization
- Part 7:** Deciding Your Values -- Creating a Mission Statement
- Part 8:** Setting and Achieving Goals
- Part 9:** Communicating With Confidence
- Part 10:** Getting Into Action
- Part 11:** Celebrating Your Successes

Seven CDs; workbook in PDF format included on CD #7.  
Also includes Acrobat Reader 5.0. Adapted from an audio presentation.

**Linda Larsen** is in demand throughout the U.S. as a trainer, author and speaker on creativity, conflict management, motivation and communication skills. With an undergraduate degree in Behavioral Science, a Master of Fine Arts degree and extensive experience as a trial consultant, she has helped thousands of people learn new ways to set and achieve personal goals. Her dynamic energy, humor and passion for her subject set her apart as a professional who truly "walks her talk." Linda is a member of the National Speakers' Association and the American society of Trial Consultants.